

Pos	Name	Category	Club	Time
1	Carl Bell	MSEN	Keswick	00:36:21
2	Rob Webb	MSEN	Rosendale	00:37:56
3	Tom Tipping	M50	Helme Hill	00:38:00
4	Robert Barnes	MSEN	Stopsley Striders	00:38:28
5	Matthew Cardus	MSEN	Settle	00:38:58
6	Phil Mather	MSEN	Lonsdale	00:40:11
7	Brian Pennington	M40	Howgill Harriers	00:40:12
8	Gareth Booth	M45	Horwich	00:40:48
9	Paul Reilly	M40	Helme Hill	00:41:00
10	Harvey Lord	MSEN	Blackcoombe	00:41:02
11	Jos Addison	MSEN	Helme Hill	00:42:25
12	Tim Jenner	M40	Ambleside	00:43:16
13	Wayne Dunn	MSEN	SEttle	00:43:35
14	Peter Lawson	MSEN	Howgill Harriers	00:43:48
15	James Baron	M50	Helme Hill	00:44:26
16	Jenn Bell	WSEN	Keswick	00:44:45
17	Ronald Hummerlink	M40	Lonsdale	00:45:25
18	Rowan Wood	MSEN	Lonsdale	00:46:47
19	Kate MacFarlane	WSEN	Penny Lane Striders	00:46:49
20	Sam Merckel	MU23	Lonsdale	00:47:01
21	Ken Murphy	M50	Lonsdale	00:47:25
22	Shaun Addison	M55	Helme Hill	00:48:24
23	Steve Nunn	M40	Blackpool Wyre & Fylde	00:48:41
24	John Jones	M55	Helme Hill	00:48:49
25	Nigel Storey	M50	Hoad Hill	00:48:57
26	David Nichols	MSEN	Dallam	00:49:15
27	Emma Roper	W40		00:49:18
28	Zeke Relly	MU21	USA	00:49:38
29	Patrick Mclvor	M55	Black Coombe	00:49:42
30	Gary Lane	M50	Howgill Harriers	00:49:43
31	Tom Fryers	MU21	Peninstone	00:49:47
32	Thomas Mon Mon	MSEN	Lonsdale	00:49:51
33	Jonathon Poirette	M55	Serpentine	00:50:04
34	Stephen Roberts	M45	Kendal AAC	00:50:08
35	Eleanor Knowles	W50	Ambleside	00:50:16
36	David Roper	M60	Howgill Harriers	00:50:32
37	Ella Waddington	WSEN	Wimbledon Windmillers	00:50:38
38	Jenny Lyon	WSEN	Dallam	00:50:47
39	Mairhaed Rocke	WSEN		00:51:09
40	Ben Merckel	MSEN	Lonsdale	00:51:28
41	Alice Steele	WU23	DAllam	00:51:43

42	Jonathon Hammond	M40		00:52:02
43	Rob Kempster	MSEN	Lonsdale	00:52:06
44	Paul Hill	M50	Southport Waterloo	00:52:08
45	Paul Fryers	M50	Peninstone	00:53:48
46	Roger Quayle	M60		00:55:08
47	Chris Warren			00:55:38
48	Michael Warren	M55		00:55:39
49	Michelle Spencer	W40	Southport Waterloo	00:55:54
50	Kate Ludley	W40	Lonsdale	00:55:55
51	Mark Ryan	M45		00:55:56
52	Fran Connolly	WSEN	Blackpool Wyre & Fylde	00:55:58
53	Stephen Todd	M65	Chapel Allerton	00:56:03
54	Paul Bates	M65	Lonsdale	00:56:07
55	Dave Hodges	M50	`	00:56:16
56	Chris Beesley	M65	Settle	00:56:38
57	Brent Lindsay	M55	Peninstone	00:57:07
58	Kath Hoyer	W55	FRA	00:57:19
59	Dorothy Pelly	W60	Ambleside	00:57:21
60	Martin Smith	M55	Dark Peak	00:57:28
61	Andrew Whittaker	M55	Dallam	00:57:49
62	Michael Childs	M40		00:58:54
63	John Taylor	M70	Bowland	00:58:56
64	Ian Hogg	MSEN	Wesham	00:59:08
65	Jo Taylor	W55	Bowland	01:00:16
66	Graham Schofield	M65	Chorley	01:02:44
67	Graham Holden	M60	Lonsdale	01:03:06
68	Julie Dean	W55	Bentham Beagles	01:03:48
69	Elizabeth Adams	W45	Helme Hill	01:04:07
70	John Hodgson	M70	Dallam	01:04:07
71	Ben Higginson	M60	Preston Harriers	01:04:39
72	Andrew Gittings	M55	Black Coombe Runners	01:04:59
73	Robert Massey	M70	Blackpool Wyre & Fylde	01:05:48
74	Rachael Wray	W40	ENSO	01:06:01
75	Sarah Hollister	W45		01:07:32
76	Dave Hugill	M70	Achilli Ratti	01:10:05
77	Basil Baldwen	M75	Orange Runners Australia	01:12:06
78	Jules Telford	W60		01:15:41
79	Jennifer Burtonwood	W55	Blackpool Wyre & Fylde	01:16:14
80	Kathryn Meyrick	W55	Veg Cycling & Athletic Club	01:16:31
81	Julie Darigala	W45	Peninstone	01:16:53
82	Sally Wright	W50	Jogging Pals	01:19:23
83	Jeremy Mazenauer	MU21	Switzerland	01:19:24
84	Stephen Wright	M50		01:19:25
85	Charlotte Harper	WSEN		01:20:12

86	Chris Standing	W50	Proper Northern Plodders	01:25:54
87	Hannah Clancy	WSEN	Proper Northern Plodders	01:25:55
88	Caroline Rose	W55	Proper Northern Plodders	01:25:56